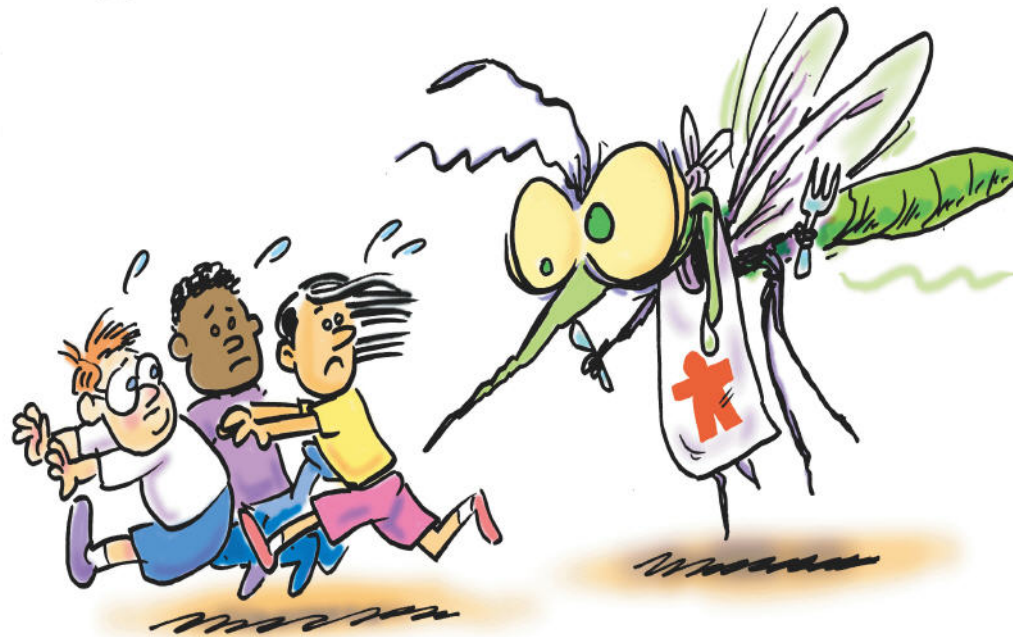


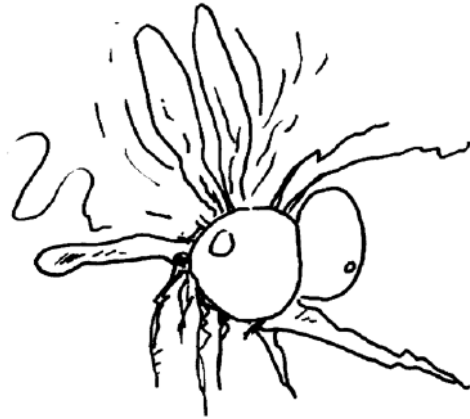
ACTIVITY BOOK

DON'T BE MOSQUITO MEAT!
USE DEET



WEST NILE VIRUS

NEBRASKA HEALTH AND HUMAN SERVICES



Hey Kids....

My name is Rene.

Lets have some fun while we learn how to
protect ourselves from West Nile Virus

"Knock, Knock"

"Who's there?"

"Amos"

"Amos who?"

"A mosquito bit me."

"Knock, knock"

"Who's there?"

"Andy"

"Andy who?"

"And he bit me again!"

Did you know that only female
Mosquitoes bite?
Males do not.

Male mosquitoes are fuzzy-
Females are smooth.

Wear mosquito repellent when you go
outdoors. Mosquito repellent
doesn't repel mosquitoes,
To a mosquito, it makes you look . . .
INVISIBLE.

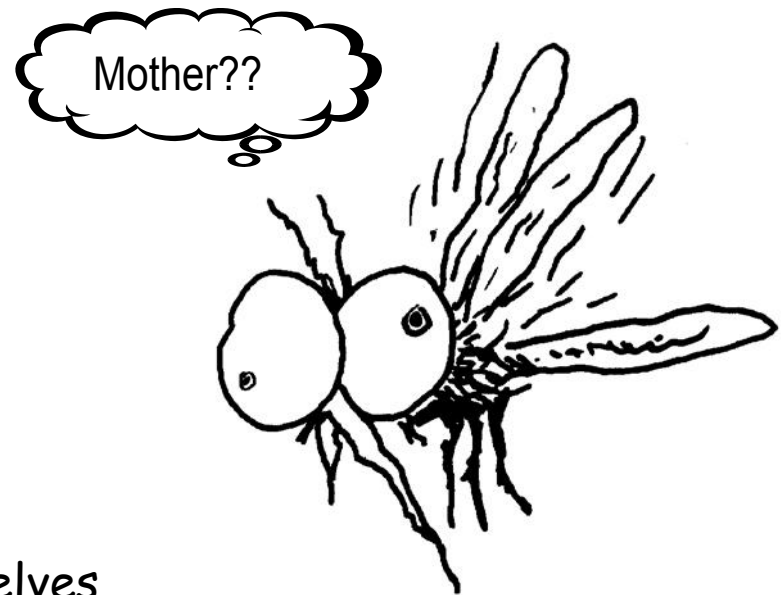


Female mosquitoes bite people, animals and birds for a nutritious blood meal. The mosquitoes drink blood each time they need to lay eggs.

If a female mosquito finds water around your house, she can produce hundreds of babies which grow up in as little as 3 weeks.

Mosquitoes that carry West Nile Virus are most likely to bite during early morning (dawn) or early evening (dusk).

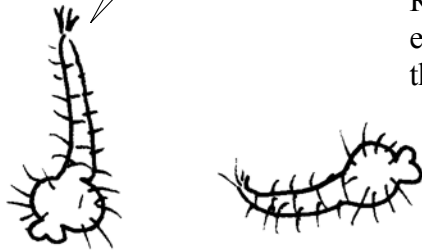
Eggs can either be deposited by themselves or joined together to form a floating 'raft'





Larvae are young mosquitoes. They live in water for 4 to 14 days hanging with their head down. They breathe through a tube hooked to their hind end. Larvae are brown colored and move frequently.

Tell an adult if you see any baby mosquitoes growing in water in your yard.



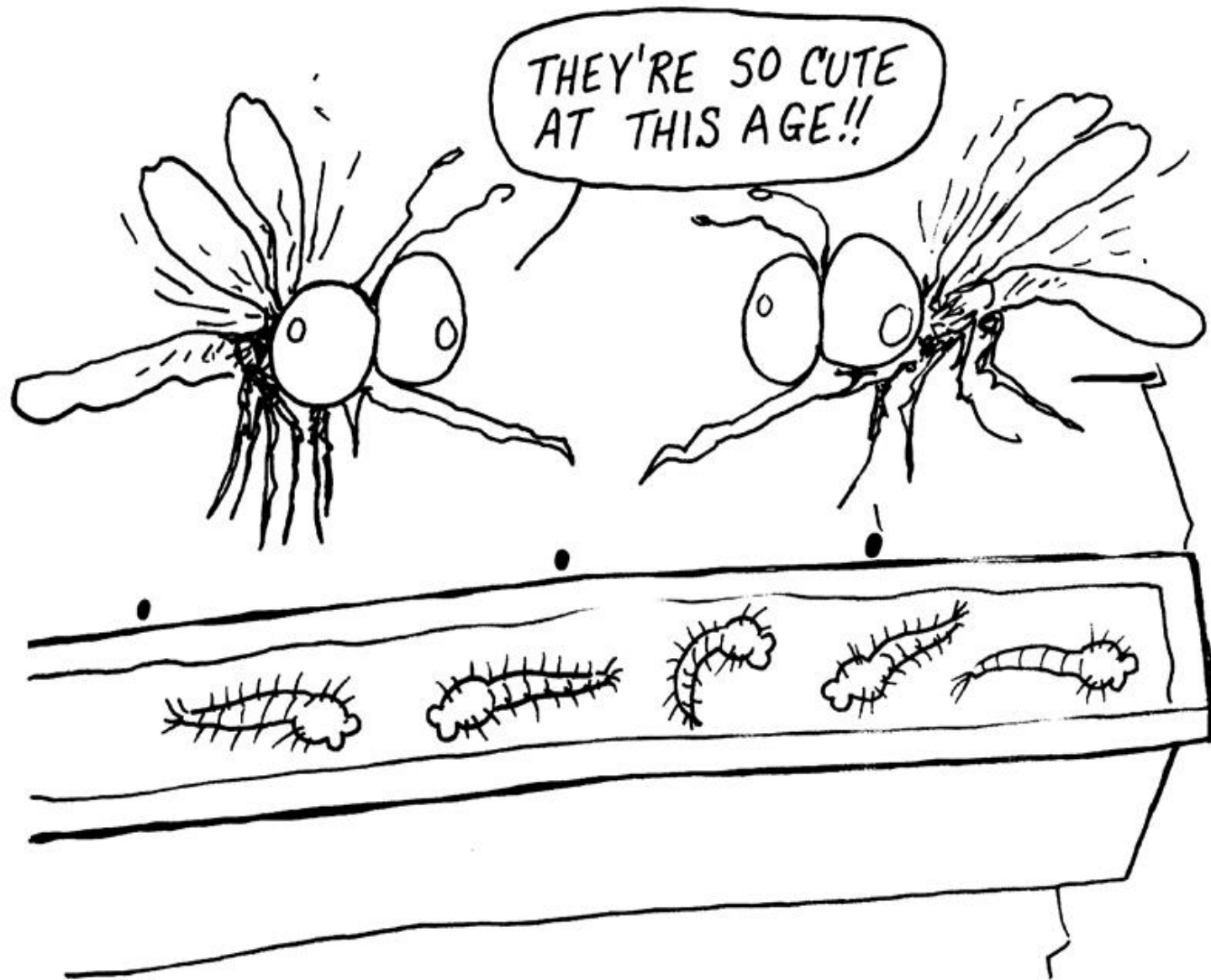
Removing the larvae is much easier than trying to remove the adults



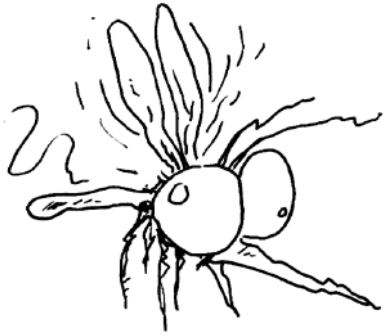
Larvae molt into this stage, called Pupae, or “tumblers”. They float in the water for 1 to 4 days and breathe through two tubes on the back of their head. The covering on the pupae splits and an adult mosquito climbs out!

Mosquitoes grow in any standing water.
Look in birdbaths, cans, old tires, and toys.
Change the water every 3 days

Most mosquitoes don't fly far from where they were raised.
Don't allow mosquitoes to grow around your house.

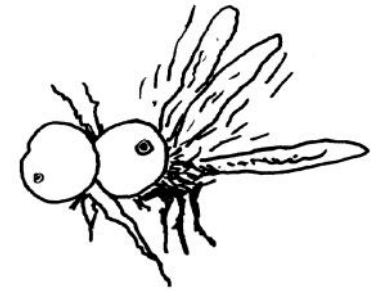


ROOF GUTTERS CAN BE A GOOD HOME FOR MOSQUITOES



Mosquito Jokes

How do you know if you have a tough mosquito?
You slap him and he slaps you back!



What has 6 legs, bites and talks in code?
A morse-quito!

Why did the mosquito go to the dentist?
To improve his bite!

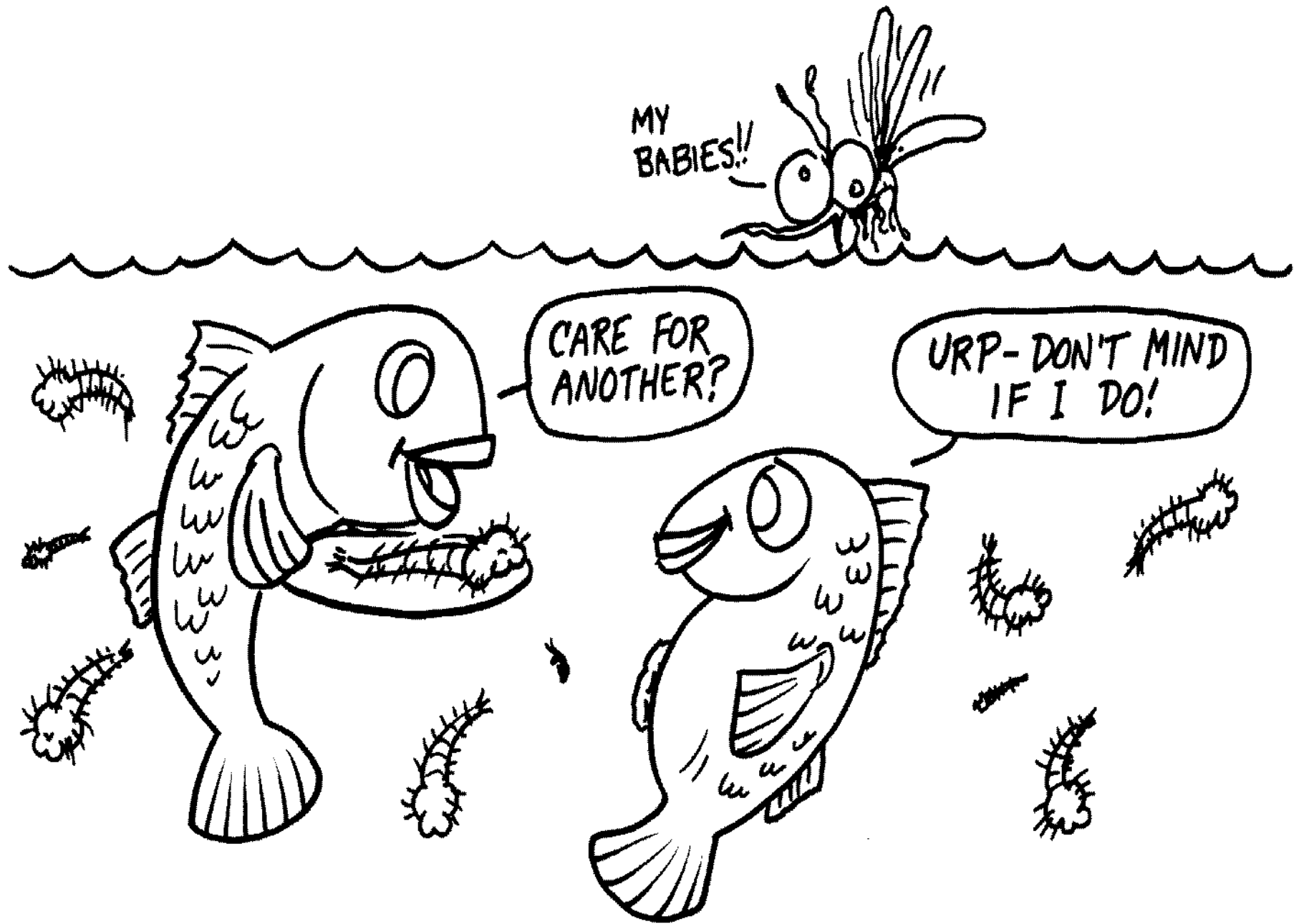
What do you get if you cross the Lone Ranger with an insect?
The masked-quito!

What has antlers and sucks blood?
A moose-quito!

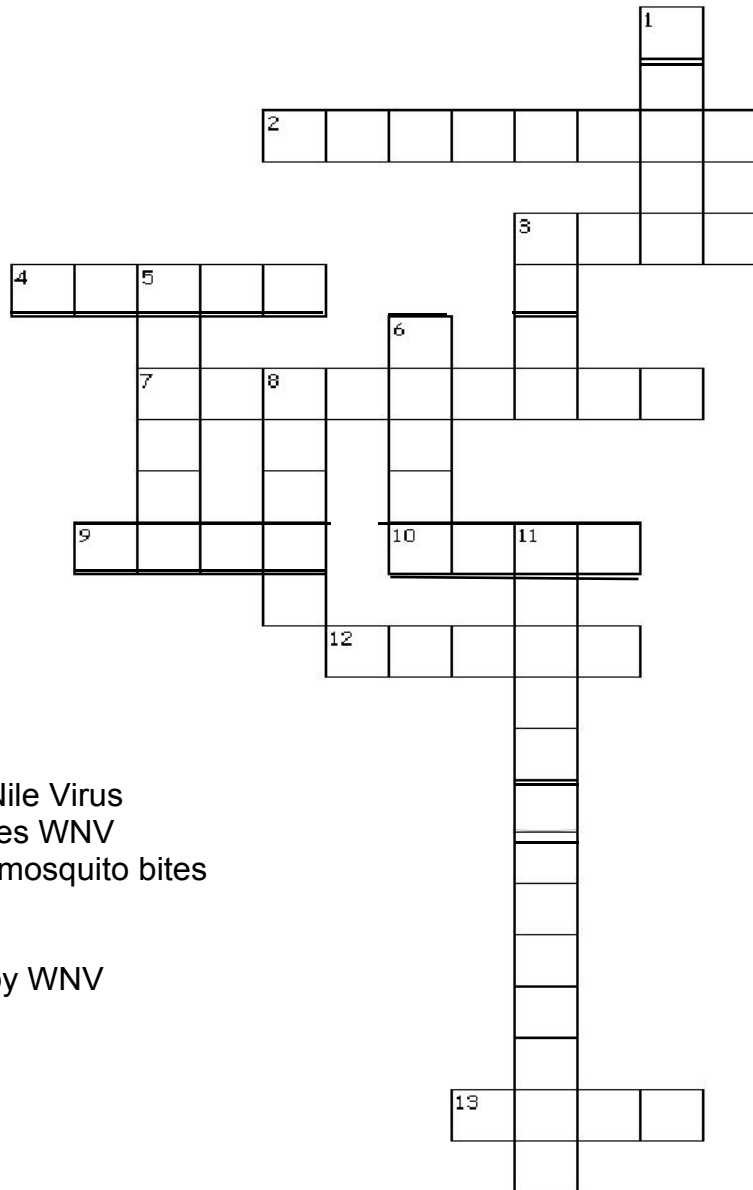
What is the difference between a
fly and a mosquito?
A fly can fly but a mosquito cannot
mosquito!

What do you call a mosquito with a tin suit?
A bite in shining armor!

What do you get if you cross a mosquito with a sheep?
Bah, humbug!



Fish and aquatic insects use mosquito larvae for food.



Across

2. Word meaning 'little fly'
3. Animal reservoir for West Nile Virus
4. Type of mosquito that carries WNV
7. Applied to body to prevent mosquito bites
9. One type of repellent
10. Time of day near sunrise
12. Domestic animal affected by WNV

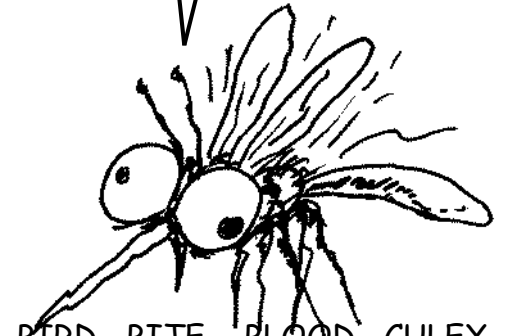
Down

1. Mosquitoes lay eggs here
3. Female mosquitoes do this
5. Mosquito 'wigglers'
6. Needed for mosquito egg production
8. Wear long sleeves, long _____, and socks to prevent bites
11. Disease spread by mosquitoes

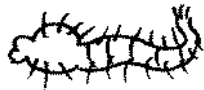
WORD SEARCH

E	O	L	W	C	O	A	D	D	P	D	A	R	E	L
B	R	U	E	L	J	T	R	O	P	B	E	H	S	Y
X	D	K	S	G	I	I	I	U	O	P	H	O	A	A
M	R	D	T	W	B	A	P	U	E	L	Z	R	E	E
S	S	J	N	X	A	A	K	L	Q	E	B	S	S	T
N	Q	F	I	O	E	T	L	J	L	S	L	E	I	I
W	X	E	L	U	C	E	E	D	K	P	O	G	D	B
D	S	O	E	T	N	P	D	R	V	A	H	M	S	Q
H	M	D	V	T	N	U	I	N	X	D	V	G	S	T
H	R	B	I	D	P	G	X	M	V	U	M	N	Z	J
T	G	G	R	K	M	A	H	R	J	S	N	I	O	O
I	R	C	U	D	E	E	T	H	A	K	M	Q	F	F
D	S	D	S	L	A	R	V	A	E	F	E	A	U	C
N	I	D	I	R	A	C	I	P	F	O	T	P	N	N
H	T	N	E	J	Q	W	Q	R	S	T	W	V	H	E

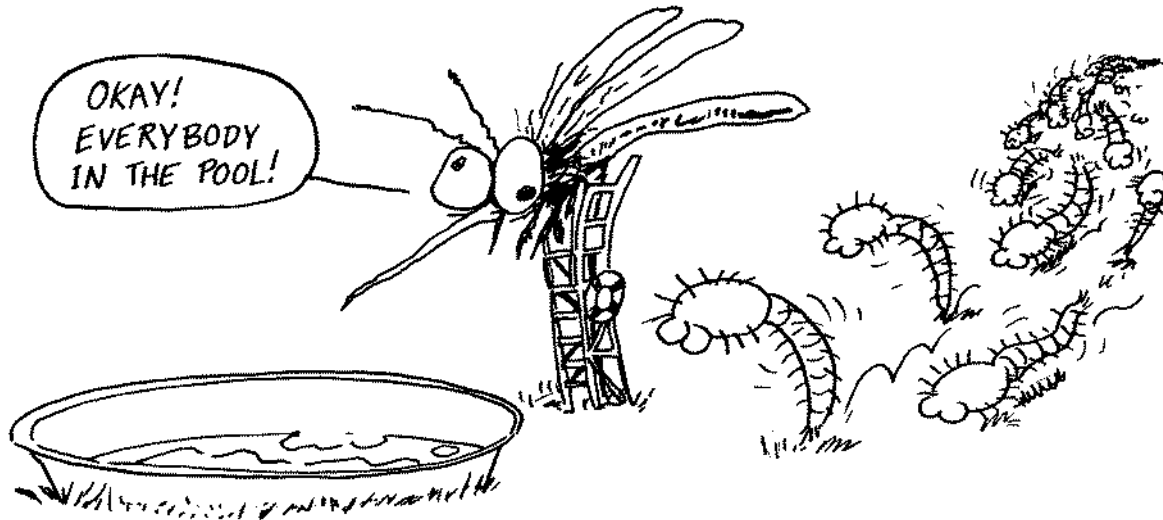
Can you find the hidden words?



BIRD BITE BLOOD CULEX
DEET DISEASE DUSK HORSE
LARVAE MOSQUITO PUDDLE
PICARIDIN PUPAE RAFT
REPELLENT WATER
WESTNILEVIRUS



OKAY!
EVERYBODY
IN THE POOL!



UNUSED POOLS ARE OFTEN GREAT BREEDING SITES FOR MOSQUITOES

Here are some other cool facts about mosquitoes

Can't get rid of standing water?
Use a larvicide.

The lifespan of the female mosquito ranges from 3 to 100 days.

Mosquitoes and flies are closely related. Some Crane flies look like BIG mosquitoes, but they don't bite you.

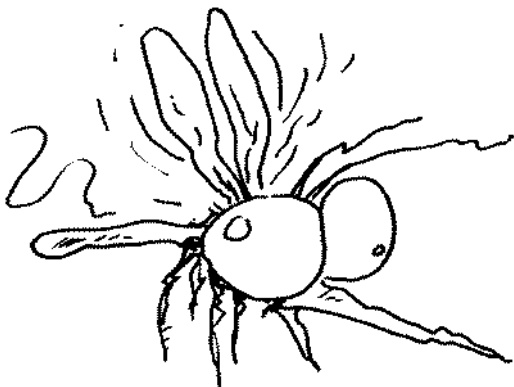
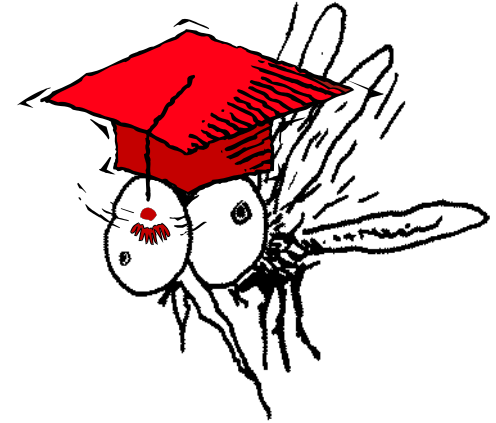
One female mosquito lays about 200 eggs at one time. That's a lot!!.

Three repellents are recommended for mosquito bite prevention: DEET (short for N, N-diethyl-m-toluamide), picaridin, and oil of eucalyptus.

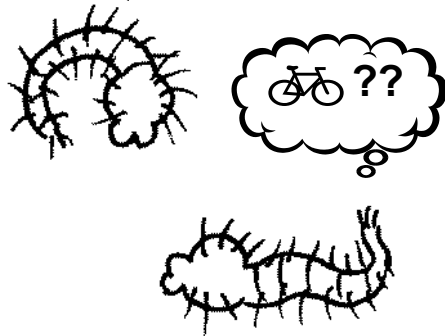
Mosquitoes can be found in sheds, barns or other buildings in the winter.

A mosquito's wings can beat 500 times per second.
That's why they sound like they are humming.







A female mosquito takes a nap after a blood meal to assist the digestion process.



What is a
mosquito's favorite
sport?

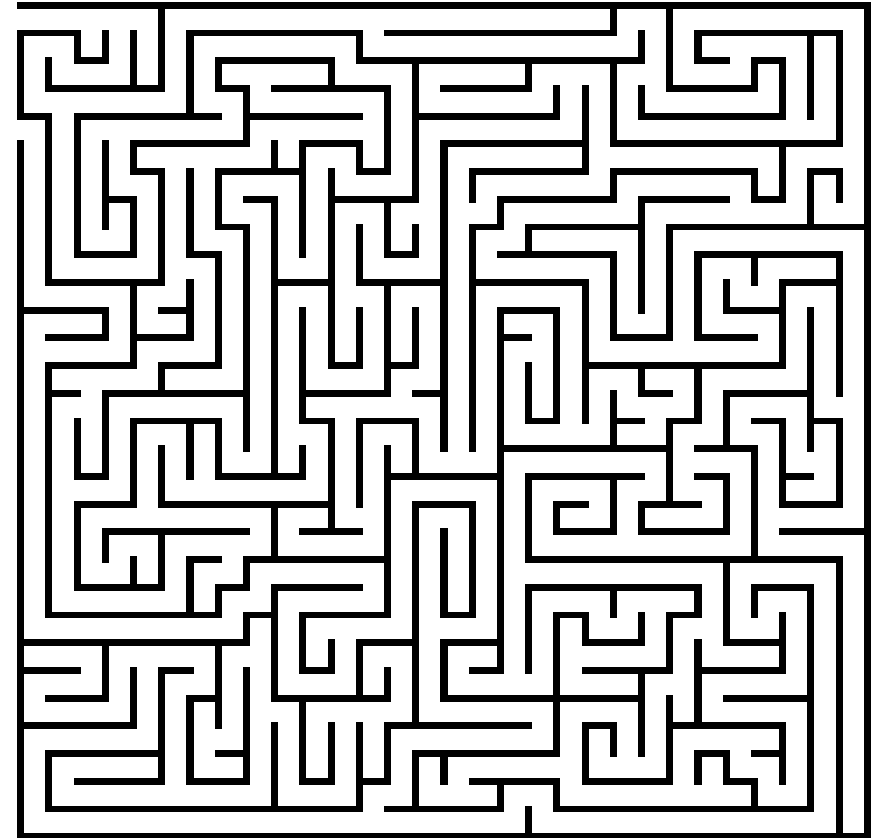


USE THE CRYPTOGRAM
BELOW TO LEARN THE
ANSWER

	I	S	N
	K	A	G
	V	D	B
			



See how quickly you can make it through this maze!



West Nile Virus Symptoms

Serious Symptoms in a Few People

About one in 150 people infected with WNV will develop severe illness. The severe symptoms can include high fever, headache, neck stiffness, stupor, coma, tremors, convulsions, muscle weakness, vision loss, numbness and paralysis. These symptoms may last weeks, and neurological effects may be permanent.

Milder Symptoms in Some People

Up to 20 percent of the people who become infected will display symptoms which can include fever, headache, and body aches, nausea, vomiting, and sometimes swollen lymph glands or a skin rash on the chest, stomach and back. Symptoms can last for as short as a few days, though even healthy have been sick for several weeks.

No Symptoms in Most People

Approximately 80 percent of people (about 4 out of 5) who are infected with WNV will not show any symptoms at all.

West Nile Virus is not contagious person to person, and is largely preventable if basic precautions are taken.

The 5 D's of West Nile Prevention:

Dawn

Dusk- Dawn and dusk: be especially careful to avoid mosquito bites. The Culex mosquito that carries WNV is active at these times.

DEET- apply repellents such as DEET or an effective alternative

Drainage- Dump containers such as buckets, toys, tires, anything that holds water. Check gutters. Use larvicide in standing water.

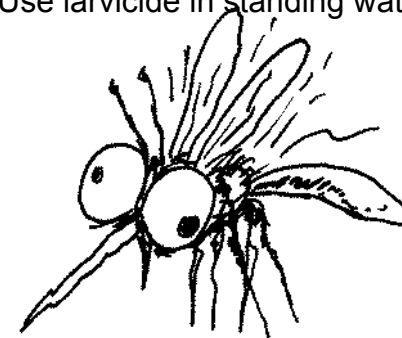
Dress- light colored long sleeves, long pants and socks

We would like to thank the Fairfax County Health Department (Virginia) for the use of the graphics.

Crossword answers: Across 2. Mosquito, 3. Bird, 4. Culex, 7. Repellent, 9. DEET, 10. Dawn, 12. Horse

Down: 1. Water, 3. Bite, 5. Larvae, 6. Blood, 8 pants, 11. Westnilevirus

Cryptogram: Skin Diving



Logo

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